# BARSTOWIOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 37

Marine Corps Logistics Base Barstow, California

July 26, 2001

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http://www.usmc.mil



http://www.barstow.usmc.mil

# Marine base blazes trail through study By Gunnery Sgt. Frank Patterson of what was going on, and what our progress was Costa's prediction proved correct; the plan

By Gunnery Sgt. Frank Patterson **Public Affairs Chief** 

It isn't often someone navigates through a swamp and comes out smelling like a rose but, figuratively speaking, the Marine Corps did just that at a logistics base in California's High Desert.

Barstow was the first of 16 bases to announce a final decision regarding a Commercial Activities study on May 24 and provided a "roadmap" for future A-76 studies.

Leadership here and at 15 other Marine Corps installations received orders in April 1999 from Headquarters Marine Corps to begin an A-76 study of different functions aboard each base.

MCLB Barstow was initially tasked with examining 251 civilian jobs and 11 military billets in specific functions that was increased, respectively, to 320 civilian and 23 military positions in August that same year. While functions were considered basewide, the base's Installation and Logistics Department was selected as the primary study area.

"Every position in the announced functions of Installation and Logistics Department was looked at from the director of I&L down to the personnel in recycling and pest control," said Col. Mark A Costa, base commander.

"Fostering an air of mutual trust and respect is the key to making it through an A-76," explained Costa. "From the start my first responsibility to the employees was keeping them informed and involved. I tried to keep all base personnel informed of what was going on, and what our progress was with the study. I held quarterly 'all-hands' meetings with effected personnel and published numerous articles in the base newspaper. We set up an A-76 hotline and an e-mail box where people could ask questions and get answers regarding the process. I stressed loyalty and told them not to believe rumors. I also kept the local community leaders informed so they could provide support also."

Costa even received the full support of the base's employee union - the American Federation of Government Employees Local 1482.

"The two-year journey is over, and

it was achieved through effective

leadership and essential

teamwork."

The then-union president Leroy Sanchez wrote an article enlisting union members for their input and to submit suggestions on streamlining the work force.

"The Defense

Distribution Depot here concluded an A-76 study while ours was underway," said Costa. "It provided invaluable information, which led us to believe that even if we won our study we were still going to have a significant reduction to the work force. I, in turn, relayed this news to the employees at one of the quarterly briefings. I sincerely believe that once we achieved and maintained the trust and confidence of the personnel involved, there were no limitations to what we could do.'

worked. Two years later the base leadership announced the base had won the A-76 study - the Best Value Contractor didn't even try to appeal and the move to implement the base's Most Efficient Organization - optimum work force to workload ratio - began.

The base had won the study, but in order to reach the MEO the work force had to be restructured through a number of methods including elimination of temporary and term positions and using recruiting resources such as merit promo-

tions.

Another work force reshaping tool used during the past year was the Voluntary Early Retirement Authority/Voluntary Separation Incentive Pay.

In three VERA/VSIP rounds, the first two being limited to the I&L Department and the third going basewide, nearly a hundred people were offered the opportunity to leave service, thereby lessening the impact on the Reduction in Force. In the first round, 13 personnel accepted VERA/ VSIP, in the second round 59 took the offer, and in the third round 13 personnel from around the

-Col. Mark A. Costa

See **A-76** Page 11

### **DeCA Web presence makes** life more simple for patrons

By Sgt. Brian Davidson **Press Chief** 

The Defense Commissary Agency has a presence on the World Wide Web and is using it to make life simpler for its patrons in every corner of the globe.

Thanks to input from commissary patrons, DeCA's Web site at http:// www.commissaries.com is now a place where shoppers can find out what's on sale at the commissary of their choice and make up their own shopping list, according to Herb Green, DeCA spokesman.

"Helpful shopping information from store hours to 'what's on sale' is what DeCA Web site visitors have asked for every since commissaries .com went live in 1999," said Air Force Major General Robert J. Courter, Jr., the agency's director. "DeCA is committed to leveraging technology so our patrons can get the most out of their

commissary benefit. We've worked hard to make our new features as customer-friendly as possible, and we invite all our patrons to use it."

Barstow Commissary Store Director James Meugniot agreed, "The Web site is a great tool, and we hope that many of our patrons take advantage of the page.'

"Sometimes customers have questions or wonder about when we will be open around holidays and what days we will be closed," said Meugniot. "But, if they open our Web site the information will listed under our store's information on the commissaries.com site. Aside from that, there are a number of very useful tools for patrons."

New and improved features at commissaries.com include the Savings Aisle located in the site's "Shopping' section. The Savings Aisle lets visitors

See **WEB** Page 7



IT'S MINE - ALL MINE. Jaye Droegemeier, 9, clenches a scooter to his chest. Henry Sielki won the item in one of the drawings held at the Commissary Saturday, but opted to give it to Jave.

The "CO's Corner" is a tool the Base Commander uses to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

MEMBERS OF THE LOGISTICS BASE COMMU-

Why do we hear the term "civilian Marine?"

You have heard me say and read in many of my writings my use of the term "civilian Marine" to describe those civil servants who work on the base for the Marine Corps. Many of you, in and out of uniform, agree and disagree with the use of that term - you have told me so. I am taking this opportunity to explain to all of you why I believe it is appropriate, and how I believe it engenders a sense of unity of effort and focus.

As far as I know, our 31st Commandant, Gen. Charles C. Krulak, coined the term "civilian Marine." He did so in his initial Commandant's Planning Guidance. The term was echoed by his successor, our current Commandant, Gen. James L. Jones. In his visit here in the fall of 1999, Jones reminded us of his definition of the Marine Corps community and family; including not only the active duty and reserve personnel, but former and retired Marines, the families of Marines and, yes, the civilian Marines. Together we provide the strength of the Corps.

Those of us who were given the title "Marine" upon completion of recruit training or commissioning as an officer of Marines, believe we earned the title and know that "once a Marine, always a Marine." But what of those who are given the title "civilian Marine," just because they were hired for a

From what I have seen, people either earn, are awarded, are given, or in some cases inherit a title by birthright. Regardless of how a title is received, with it come identification and an expectation.

The identification of civilian Marine is just what the commandants who have endorsed it wanted, being a key member of the Marine Corps community and family. Key, because without them the community is not complete and in many cases, the Marine Corps is incapable of completing its mission. The expectation, I believe, is that the civil servant who has accepted that role believes in the fundamental tenets that Marines live and work by. The core values of "honor, courage and commitment" as well as the motto of "Semper Fidelis" are tenets that many live by and are inspired by.

In my three years of command here, I have seen hundreds of civilian Marines give their best to serve our Marines in the operating forces by fulfilling the fundamental mission of logistics, ensuring the right stuff was at the right place at the right time. Since 1942, two and three generations of Barstownians and residents of the High Desert have served on this base and in the warehouses and on the repair lines.

Equipment and supplies flowed through here to wherever Marines have been. And because of the quality, quantity and timeliness of the delivery of that equipment and supplies, Marines went forth in harm's way, accomplished the mission and came home. To deny these employees the identification with the men and women in uniform they so proudly serve is a disservice, I believe they have earned it. Some of these civilian Marines have served our Corps longer than any Marine on active duty! Who can say they are not worthy of

For those who are uncomfortable with using the title "civilian Marine" I can understand that. But I ask that you understand why our commandants have felt it expresses a true sense of what the Marine Corps really includes, and why I am comfortable in using the term.

For those of you who are civilian Marines, I hope you recognize why I believe the identification with those in uniform is key and why the expectation that you live by the tenets of our Marines is a challenge you accept and for which you continually strive.

As always, I ask that you stay informed and stay involved, no matter what role you fill in the Marine Corps community and the Barstow team.

THE C.O. SENDS.

# A special arrangement Easier said than done, you might say. Why

Base Chaplain



This week I visited the new California Adventure theme park. In the area of Condor Flats at the park, a sign from the airport gives different

destinations for flights from Condor Flats. A part of the sign reads, "Barstow by special arrangement." Our destinations in life vary as we journey through it. Sometimes we enjoy where we end up and sometimes we don't.

The Bible encourages us to be content with what we have where we are. In Philippians 4:11-12, Paul states, "I am not saying this because I am in need, for I have learned to be content whatever the circumstances .. I have learned the secret of being content in any and every situation ..." Contentment is a state of spiritual and emotional well being.

should contentment be a part of our spiritual life? The purpose of contentment, when it is achieved even in part, gives us purpose and focus in our current destination in life. The whole idea of spiritual and emotional contentment makes us active, not passive, in life. Contentment helps us to see the things that God has given us to do. We are to love God and one another. Yes, hypocrisy is with us always, just like every other sin. Nevertheless, we are to try, and it is in that trying that we find our destination of contentment and fulfillment.

The special arrangement that we have in life is in the relationship that we have with God. I believe that no long lasting contentment can be found without having that relationship with God. It is my hope and prayer that all of us have been led by the Spirit of God and accepted that special arrangement in our destination by knowing God.

Blessings to all, Chaplain Krupnik

#### Just doing my job ...

Bella Nies, management assistant, goes through the inventory on supplies she ordered for the Administration Support Division. All of the civilians that work for ASD recently received a group award for their assistance in helping the new ASD get up and running in Building 15. Nies has been working for the government for 24 years.



## Chapel Services

Protestant Sun. 8:30 a.m. Sun. 10:30 a.m.

Confession services before Mass

#### **Nebo Bible** Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call 577-6849.





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"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

#### **Changes to Income Tax**

New withholding tables may reduce the amount of inclome tax withheld from employee wages paid after June 30. The reductions in tax withholding result from the reduction on the current 28 percent and higher tax brackets beginning July 1.

The new tables, prescribed by the Department of the Treasury, reflect a change resulting from the Economic Growth and Tax Relief Reconciliation Act of 2001.

If an employee does **not** want to have their withholding reduced, a change to their Form W-4, Employee's Withholding Allowance Certificate, information must be submitted either in E/MSS or with their customer service representative. An employee may claim fewer withholding allowances on Line 5 or request additional amounts to be withheld on Line 6.

For more info call Teresa Moore, 577-6048.

#### 2001 Executive Leadership Program

The Quality Management Office is accepting nominations for the Executive Leadership Program until tomorrow.

This is a leadership development program that affords the opportunity to meet and network with high-level officials in the Federal Government as a whole through the completion of executive interviews and shadowing assignment, working on developmental assignments, and improving current strengths. It also requires four TAD trips to Pennsylvania, Virginia and Missouri for training and a graduation ceremony in Maryland.

This program is available to full-time permanent employees at the GS 11-13 levels. Individuals should be nominated based on their leadership and managerial potential and their motivation to participate fully in and complete all of the components of the program. The program is one year in length and orientation begins August 19. Headquarters Marine Corps funds the \$3,650 tuition. The Civilian Leadership Development Program funds travel, lodging and per diem for CLD Participants who have been actively

enrolled in the CLD Program for at least three months. The submission deadline is tomorrow.

For additional information or a nomination package e-mail zamorarr@barstow.usmc.mil.

#### Rodeo Queens Sought

The Barstow Rodeo Group is seeking girls ages eight -23 to compete for the titles of Barstow Rodeo Stampede Queen, Miss Teen and Little Miss.

The contest is open to all High Desert females.

Contestants are judged on modeling, horsemanship, speech, personal interview, and impromptu speaking.

The Queen's contest is open to ladies ages 17–23; the Miss Teen is for female teens ages 13–16; and the Little Miss is open to girls ages eight–12.

Submission deadline is Wednesday at 4 p.m.

For more info or to request an application, call Connie Wessel, Barstow Rodeo Group, 252-3093, or write her at 441 Oakmont Dr., Barstow, CA 92311

#### Route 66 Street Fair

The Barstow Area Chamber of

Commerce's Annual Route 66 Street Fair and Market Festival began June 5 and continues through August 28.

This Tuesday is Harley Night.

Come join us as these legendary steel horses stampede up and down Main Street in Old Town Barstow, between Barstow Road and Second Avenue. Festivities run from 6–10 p.m. each Tuesday.

Anyone interested in being a vendor or assisting with the planning of this summer's community events or for more information call Cheryl Beardshear, 255-4834, or the Chamber of Commerce, 256-8617.

#### **Marine Mail**

MARADMIN 031/01 recently released the third quarter calendar year "Question to the Corps."

The third quarter's question is "How can we further reduce time in training, time awaiting training, and/ or time in transit without diminishing the quality of required Military Occupational Specialty training?"

Marine Mail is also open to suggestions containing any or all of the following four criteria: What aren't we doing that we should be doing? What are we doing that we should do differently? What are we doing that we shouldn't be doing? What new concept or idea should the Marine Corps investigate to improve its warfighting capability?

According to the message 377 replies were forwarded thanks to Marines, Sailors and civilians who responded to CY01's second quarter question.

Submissions meeting the criteria for Marine Mail should receive a reply within 30 days of receipt. All submissions that do not meet at least one of the criteria or respond to the "Question to the Corps" will be immediately returned without action taken.

Submit a "Question to the Corps" reply and/or Marine Mail response

BY YOUY PIANO @ 1996 TOOK THE REVOLUTIONARY WAR TO ENGLAND APRIL, 1778 MARINES FROM JOHN PAUL JONES' SHIP MARINES FROM THE RANGER" MADE TWO RAIDS FRIGATE ON ENGLISH SOIL SOUTH CAROLINA" MADE AN AMPHIBIOUS LANDING ON THE ISLE OF JERSEY . 1781

via e-mail at *marinemail@hqmc* .usmc.mil; postal mail to: Marine Mail (CMC), HQMC, 2 Navy Annex, Washington D.C., 20380-1775; or by FAX at (703) 614-5035.

#### **Enlisted to Officer Selection Boards**

Headquarters Marine Corps released the deadlines and convening dates of fiscal year 2002's enlisted to officer selection boards.

Enlisted Commissioning Program and Meritorious Commissioning Program boards for FY02 are as follows:

The first deadline for package submission is October 1. The board convenes December 1, and the selected Marines attend Officer Candidate School from January 20 to March 29. The second deadline for package submission is February 1. The board convenes April 1, and the selected Marines attend Officer Candidate School from June 2 to August 6.

The third deadline for package submission is June 3. The board convenes July 29, and the selected Marines attend Officer Candidate School from October 6 to December 13.

Warrant officer selection boards for FY02 are as follows:

The deadline for regular warrant officer package submission is March 1, and the board convenes June 4. The deadline for reserve warrant officer package submission is April 3, and the board convenes July 1. The deadline for warrant officer gunner package submission is May 1, and the board convenes July 23. The deadline for warrant officer recruiter package

submission is June 1, and the board convenes August 8.

For more info see MARADMIN 312/01.

#### Childbirth Preparation Classes

The New Parent Support Program offers assistance to expectant parents with childbirth preparedness classes. The classes are free and, best of all, they are taught in a one-on-one environment at home.

June Treadwell, a registered nurse, gives the classes and covers everything about labor and delivery, including how 'dad' can be actively involved during the process.

To arrange appointments or for more info, call June Treadwell, 577-6332.

#### **Travel Information**

As of July 20, the Adjutant's office is handling all requests for travel, (whether PCS or TAD). Requests for travel, car rentals and copies of orders should be FAXed to the Adjutant's Office, 577-6471.

Pick up tickets at the SATO office in Building 15. Corporal Marcos A. Ruvalcaba is the point of contact at 577-6891.

Staff Sgt. James M. Garza still works in the housing section while the functions of the Travel Management Office are being abosrbed into the Adjutant's Office. He is the point of contact for questions regarding housing, and setting up appointment.

He may be reached at 577-6259.

# Job Watch

Annc No.	Title/Series/Grade	<u>Open</u>	Close	1st Cutoff	Location
DEU-329-01-NR	Firefighter	07-02-01	07-31-01	07-16-01	MCLB Barstow
	GS-0081-05				
DEU-339-01-NR	Secretary (OA)	07-05-01	08-09-01	07-20-01	MCLB Barstow
	GS-0318-05				
DEU-343-01-NR	Cable Splicer	07-05-01	08-07-01	N/A	MCLB Barstow
	WG-25-04-08				
DEU-353-01-NR	Electronics Worker	07-13-01	08-10-01	07-27-01	MCLB Barstow
	WG-2604-08				

Applicants interested in announcements beginning with DEA or OTR should submit their résumé to:

Human Resources Service Center, Southwest

ATTN: Code 522 (announcement number)

525 B Street, Suite 600

San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

If you have Internet access, browse to http://www.usajobs.opm.gov.

For information regarding Open Continuous Merit Promotion announcements point your browser to <a href="http://www.donhr.navymil">http://www.donhr.navymil</a>.

# You are the first line of defense

gives

By Steve Hara

American Forces Press Service

WASHINGTON - Defense Department computer security systems and specialists foiled nearly 22,500 would-be intruders in 1999 and 24,500 in 2000. There's no let-up in sight.

Special agent Jim Christy said he and others on his law enforcement staff are in a "growth business" chasing hackers and spies and running other criminal activities to ground. As representatives of the Office of the Assistant Secretary of Defense for Command, Control, Communications and Intelligence, they also counsel Department of Defense employees on being an effective first line of defense

When he discusses computer security, Christy said, he drives home that average folks aren't expected to mount an ironclad defense. Rather, he stressed, they can do simple things that make life harder for bad guys – and stop doing simple things that make life easy for them.

instead of the weakest link.

- Use different passwords at Web sites and on every machine you use. Reject all site and system offers to "remember" you and your password. Bad guys know many people use

just one password, so attacking an easily mischievous or malicious computer code into hacked machines and systems. A common means to spread infections is by sending e-mail

copies to everyone in a victim's address book - using the victim's name.

 Log off or lock your workstation when you go on breaks or out to lunch. No point giving bad guys unfettered access to your computer and network -

and leaving you holding the bag because the system thinks

Computers divide files and write them to disk in units called sectors. If the file's last sector is only partially filled, the machine tops it off with data randomly pulled from memory or hard drives - there's no real telling in advance where the information might come from. So writing and saving even your holiday greetings letter on a classified system is a potential disaster. That's why the practice is a security

- You can be a security risk even if you don't work with classified files, have none on your computer and have no access to any.

The mindset on the last point is wrong for at least three reasons, Christy noted. First, too many people think a secure system can't be hacked from their office computer network usually because they



them "skeleton keys" to tough ones.

 Don't open e-mail attachments from people you don't know, and don't open them uncritically just because someone you do know supposedly sent them. Hackers use attachments to inject viruses and other

the keyboard.

Never use personal diskettes, Zip disks and the like on classified systems.

See **DEFENSE** Page 11

# AROUND THE CORPS

# Albany Marines save \$313,000 with night vision goggles repair

By Colie Young

Materiel Command

MARINE CORPS LOGISTICS BASE ALBANY, Ga. – A dozen Marines from the Supply Chain Management Center's Ground Ordnance Section recently received high praise from Brig. Gen. Richard S. Kramlich, Marine Corps Logistics Bases commander, for saving the Marine Corps more than a quarter million dollars for their outstanding efforts.

Led by project leader Staff Sgt. John Tate, the Marines completed a limited technical inspection of 1,568 night vision goggles that would have cost the Corps more than \$313,000, plus the cost of parts, if the manufacturer had worked all the items.

"There were several back orders from the Fleet for the NVGs," said Judy Butt, NVG item manager. "The manufacturer's warranty for these items had run out, and since we are responsible for sustaining these items, we had to ensure they were usable."

The NVG is a hand-held, headmounted or helmet-mounted night vision system. When worn [or used like binoculars], the device enables Marines to see clearly during nighttime missions.

Tasks such as walking, driving, firing weapons, conducting short-range surveillance, reading maps, administering first aid and performing maintenance on vehicles can be done routinely with the NVGs using only moonlight or starlight.

The system allows for vertical ad-

justment [by using head straps], foreand-aft adjustment, objective focus, eyepiece focus and eye span distance adjustment.

The NVG is also equipped with an infrared source and a low-battery

Although Marine Corps Systems Command buys the Corps' initial issue [approximately 40,000], the SCMC ensures the equipment remains operational for the Fleet Marine Forces, according to Judy.

"Looking at the back orders, I needed to get an idea of what the cost would be to get the goggles inspected and repaired," the item man-

"The first thing I did was have the Marines do a commercial master work schedule with either [Litton Electro-Optical Systems] or [ITT Industries] because those were the two companies that manufacturer the night vision goggles," Judy said.

The reason the item manager sought a price quote from the manufacturers was because the night vision goggles have an image intensifier installed that Marine Corps Logistics Bases' depots cannot repair. What she discovered was alarming.

"ITT wanted to charge us \$200 per NVG just to look at them, and then we would have to pay for the parts too," Judy said. "After doing the math [stocking more than 1,500 NVGs], I searched for a different avenue to take."

The item manager looked to the Marines of the Ground Ordnance

"Here's what we had," contractor Jim Corbett revealed. "There were about 1,500 of these items that were improperly condition coded - we didn't know what was what."

'We figured the Marines could go through the equipment, find out how many we could turn into condition code "B," and then only send the ones that really needed repair to the manufacturer," Corbett said.
"That way we don't spend \$200 a

shot just because we have a piece of rubber missing off a battery cap strap," said Corbett.

We figured if we could get some of the Marines to LTI the goggles, we wouldn't have to send the entire stock for repair," said Corbett.

Corbett explained that each piece of equipment that comes into the maintenance center has to have a condition code assigned to it that determines what potential it has for re-

These codes reveal what level of repair is required for a piece of equipment, and how much money is needed to fix that equipment.

Condition codes are assigned letters from "A" to "H," with "A" being a brand new piece of equipment. An item with a condition code of "B" is fully operational and can be used in the Fleet, according to

The idea to have the Marines perform the inspections panned out, with the total project lasting approximately two weeks. At the conclusion,

rines had performed far beyond all expectations.

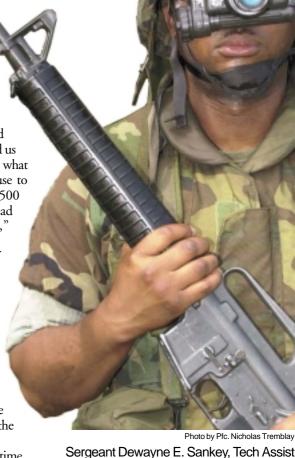
"The Marines who worked this project helped us determine exactly what assets we could use to replenish about 500 backorders we had down here," Corbett said.

"Because of these Marines, we now have all the assets and more.

"Judy [Butt] is the one who blessed this," Corbett added. "She gave it the green light, and the rest is history."

"We took our time to check everything possible," said Sgt. Jimmy Wheeler Jr., commodity inspector.

"This was a great opportunity for us because we realize that we are not going to be in Albany [Ga.] forever. One day we may have to use this equipment [in the field], and we do all we can to



Team, dressed in full combat gear and night vision goggles, is ready for night warfare. Sankey is wearing the AN/PVS-7B NVG, which is not only stored in a warehouse on base, but also repaired by the Supply Management Center's Ground Ordnance section.

> ensure it's in proper working condition."

> > See **NVG** Page 11



Photo by Mario Capu

Jim Meugniot, store director, grilled hot dogs and Charisma Turner served them up to commissary patrons Saturday.

#### **WEB** from Page 1

see what's on special promotion at their local commissary and the Shopping List where visitors can build their own shopping list based on the actual list of items carried by the store they select. Special symbols highlight items that are on special. Items on the shopping list can be organized according to the individual's shopping patterns—placing the items they get first at the top of the list and the items they get last at the bottom.

Under 'What's New' on the Web site navigator visitors to the site can go here for the latest news and information. Visitors can also send their ideas and requests in a format designed to receive an appropriate level of response – from their commissary, region or DeCA Headquarters by using the 'DeCA Contacts' option.

Perhaps one of the most valuable tools on the site is its 'Search' feature which is located at the top right corner of each Web page to help visitors quickly find the information they want.

"Web technology enables the site designers to customize information down to the store level, which is good because shoppers care about what's going on at the store where they shop, not at the other commissaries around the world," said Corintha "C.R." Russell, Web project manager, whose Web Support Branch designed the new features.

For example, the design behind the 'Savings Aisle' provides visitors with only those items that are available at the commissary they select. The data files are automatically refreshed daily so they show only "today's values," Russell said.

The popular store pages also use the customized information approach. Each commissary maintains its own page, which features information ranging from store hours and store specialty services to dates of the next case lot sale. Customers are encouraged to regularly visit their store's page, especially if they are newcomers on an installation and need to quickly find out some basic information about their commissary.

Additionally, "Each commissary's page on the Web site is continually

updating store features and upcoming events," said Meugniot, who updates Barstow's page weekly. Last week, Barstow's page featured a Customer Appreciation Cookout.

"We had the cookout just to show our appreciation to the patrons that come in week after week," said Meugniot. "It took some people by surprise and many were coming up to the table and asking how much are you selling the hot dogs for, and we'd tell them they're free. Or they'd try to give us a donation."

Meugniot and his staff served about 100 people with hot dogs, iced water-melon and other refreshments. "We believe in being proactive, and it was a part of knowing your customer and letting them know that we are here for their benefit," he said.

"Commissaries.com has developed into a good way for the agency to let customers know what's going on in stores, what's on sale, and what's new at DeCA," said Rick Brink, the site's content manager. "It's one of the key elements to DeCA's outreach efforts. More than 50 percent of families in the U.S. are 'online' and military families who use the Internet surpass even that statistic."

The Defense Commissary Agency's vision statement is: "The Commissary Benefit – Cornerstone of Military Quality of Life. It is our goal to deliver the premier quality of life benefit for our military efficiently and effectively."

With headquarters at Fort Lee, Virginia, the agency operates a worldwide chain of 284 commissaries to provide groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a five-percent surcharge, which covers the construction of new commissaries and the modernization of existing stores. Patrons save an average of 29.2 percent on their purchases compared to commercial prices. These savings, worth \$2,300 a year for a family of four, enhance the quality of life for America's military and their families. A valued part of military pay and benefits, commissaries help the United States recruit and keep the best and the brightest men and women in the service of their country.

# PERSONAL SERVICES BULLETIN

Marine Corps Community Services - Personal Services Division

# Emotions help with physical well-being

By Dr. David Nieman **PSD Program Director** 

Marine Warfare Fighting skills are second to none. Being the 911 emergency force for the president requires Marines to be physically hardy. When functioning in noncombat environments emotional hardiness is as necessary as physical hardiness.

"Hardiness is a way of looking at self perceptions of commitment, control, and challenge that help in managing stressful circumstances in a way that turns them into developmental rather debilitating experiences,' said Dr. Salvatore Maddi. "Although evidence has shown commitment, control, and challenge to be interrelated, they are far from the same thing. Together, they constitute positivity and resiliency in facing life's tasks."

Maddi says that individuals strong in commitment rely on themselves to find ways of turning whatever they are experiencing into something that seems interesting and important to them. They get involved rather than being alienated.

A good example of this quality was found in Dr. Victor Frankl, author of the book, "Man's Search For Meaning In Life." Frankl was a Jewish psychiatrist and was imprisoned during World War II, in one of Hitler's concentration camps. Frankl saw that prisoners who had no meaning in their life

died quickly, while those who had purpose and meaning lived despite their brutal

According to Maddi, individual's strong in control think that through effort, can more often than not influence the course of events around them, rather than passively seeing themselves as the victim of circumstances.

A family member of one of our Personal Services Division staff was stalked. Initially she was paralyzed with fear. After a week of terror she decided at the urging of her husband not to be a victim.

Together they took control. They notified police, the wife took a rape prevention class, together they made their home more physically secure and she became certified to carry pepper spray.

Mentally the wife was no longer a victim and therefore able to influence the course of events that had terrified her before.

Maddi says that individual's strong in challenge believe that fulfillment is to be found in continual growth in wisdom through what is learned from experience, rather than in easy comfort, security and

In thinking of how to simplify this concept the words of the philosopher Frederick Nietzsche came to mind. He said "Whatever doesn't kill you makes you



Staff Sgt. Joseph Johnson is the new Substance Abuse Control Officer for Personal Services Division. ""It is my job to provide all Marines and their Family Members with education about drugs and alcohol. In addition to providing education I am also qualified to provide the best treatment that the Marine Corps has to offer in the field of Drugs and Alcohol abuse and dependency. I am here to help meet the needs of the Marines of MCLB Barstow," said Johnson.

# Why some people can save, others find trouble with debt

Most spenders have

little idea of how

much their purchases

really cost because

they use credit cards.

By Mary Rowland

Personal Finance Columnist

Why is it that some people manage to tuck money away no matter how little they make, and others are head over heels in debt on six-figure incomes?

New research shows it has more to do with their behavior patterns - and with their self-esteem - than with how much money they earn.

Researchers like Professor Tahira K. Hira at Iowa State University in Ames argue that the traditional ways of helping people deal with spiraling debt will not help change the negative behavior pattern.

"If we focus only on the financial end of it," Hira says, "the same person will be in trouble again in five or six years.'

Hira says she approached financial counseling in the traditional way for years, emphasizing how to budget and to get out of debt. She changed her

approach after working on a consulting project with the Canadian consumer bankruptcy office in 1990. That study convinced her that psychological factors were the driver for spending and saving

Hira was hired to help the agency determine why bankruptcy filings were growing so rapidly. In two weeks of exit interviews with people who had filed for bankruptcy, Hira and other interviewers focused on three things: Who are you today? What kind of experiences did you have growing up? How do you feel about

Bankruptcy and low self-esteem

Most of those who filed for bankruptcy had extremely low self-esteem. One or both parents were absent - either physically or emotionally – as they were growing up. Hira also studied personal bankruptcies in Scotland, Japan and the

When she returned to Iowa State, Hira decided to test the results in a lab, part of an undergraduate degree program in financial counseling.

Hira developed a questionnaire to elicit personal information from these people. The same questionnaire was given to a control group of students whom she believed had a healthy attitude about

The students who were comfortable with money had many similarities. "They had a pleasant growing-up experience, an intact family, one parent had taken a great interest in developing the child as a person, telling them, 'You're beautiful, wonderful, capable, you can do it," she said.

Generally, these students had had a positive money experience at a young age. "They had a role model. And they had an underlying value system."

Differences in men and women For the people who came to the lab

for financial counseling, "We noticed in the women's cases, many were becoming attached to men who needed picking up and cleaning up,' Hira said. "Then the man would walk away, and they would pick another

puppy who was bruised."

Men, on the other hand, typically got into debt by buying things for themselves. "A lot of men were paying for cars that were long gone," Hira said. "In both cases, these people were trying to prove something to themselves."

Among people who run into financial difficulties, 25 percent have serious problems and need psychological counseling, she said. Most of the rest simply need to face up to what led them into trouble.

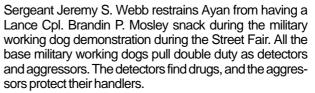
Hira attributes many of the problems she sees to the wide availability of credit. For example, in the 1930s and '40s, "If you wanted to please a man or please yourself, you couldn't just go out and buy a new outfit if you didn't have money in your hand," she said.

Most spenders have little idea of how much their purchases really cost because they use credit cards. She suggests that people go for one week paying for everything with cash.

"I have tried this experiment," she said. "When I walk into the store with hard dollars in my hand, I just can't spend









Lance Cpl. Brandin P. Mosley, dog handler, stands very still because Ayan, a military working dog, is on guard for any aggressive move-

### **Barstow's Route 66 Street Fair Chamber of Commerce Military Night**



Corporal Spencer E. Denbo shows an M198 Howitzer to children during the Street Fair.

(ABOVE) Mary Jane Ackley, base assistant fire prevention chief, helps a child escape the fire house. The fire house is a tool the base fire department uses to teach children and adults how to escape a burning building.

(RIGHT) Sergeant Ephrain Sotelo III talks to Street Fair attendees about staying away from drugs.

(BELOW) Corporal Spencer E. Denbo, Fleet Support Division, provides guidance for a MK-48 driver positioning the unit with attached MK-17 trailer in front of the recruiting office before the start of the Street Fair.







#### By Jim Gaines

MCCS Publicity

#### Six days left of July bargains

There are only six days left of the July Sale at the MCX/Super 7-Day Store. A new sale begins August 1.

Drop by and check out the great bargains in TVs, DVDs and CD players while the sale is still in progress.

The manager's specials are still in effect throughout the remaining days of the month - with big savings in men's clothing, fragrances and housewares.

The August sale features more great buys in TVs; such as the Panasonic "Pana Black" 36" TV sale priced at \$699.99, a JVC 32" TV now at only \$499.99 and a JVC 27" at the low price of \$279.99.

Check this out: MCX will slash 10-50 percent off selected men's and women's fashions in this August sale.

Don't forget – the MCX/ Super Seven Store now carries a wide assortment of lawn and garden supplies at competitive prices.

The Nebo MCX/Super Seven Store is open Mondays through Fridays, 6:30 a.m.–to 9 p.m., Saturdays, 8 a.m.–9 p.m., and Sundays and holidays, 10 a.m.-6 p.m.

The Yermo MCX/Railhead Exchange is open Mondays through Fridays, 8 a.m.-3:30 p.m. During troop rotations: Mondays through Fridays, 8 a.m.-8 p.m., and Saturdays and Sundays, 10 a.m.-5 p.m. For more information call 256-8974.

The MCX Gas station is open Mondays through Fridays, 6:30 a.m.-9 p.m., Saturdays, 8 a.m.–9 p.m., and Sundays, 10 a.m.-6 p.m. Credit card purchases available 24 hours.

#### Lunch Menu

Today - SirloinBeef.

Friday - Lemon-peppered filet of

Monday - Swedish meatballs. Tuesday - Vegetarian's delightz: zuc-

chini casserole. Non-vegetarian's delight - chicken tenders.

Wednesday - Salisbury steak. Thursday - Sirloin Beef.

Lunch is served: Nebo, 10:30

a.m.-12:30 p.m.; Yermo, 11:30 a.m.noon. \$3 military, \$4.50 civilians.

#### Family Night Menu

Tonight - Southern fried chicken. Next Thursday - Italian Night.

Family Night dinners are served Thursdays, 4:30-7:30 p.m. Prices: Adults \$4.50, children five-11 years \$2.50, children under four years are

#### Fall Term Registration

Personal Services Division's Life Long Learning Branch would like to remind all those interested that the fall term registration is in progress for Barstow Community College and Park University. For details call Charles Johnston, 577-6118.

#### Get Started on Projects Early

The Ceramic Hobby Shop has greenware for your Halloween, Thanksgiving and Christamas projects. Get started now to be ready for the holidays. Call Marke, 577-



Golf lessons available at Tees & Trees from Oscar Valenzuela

### Tees & Trees Golf Course

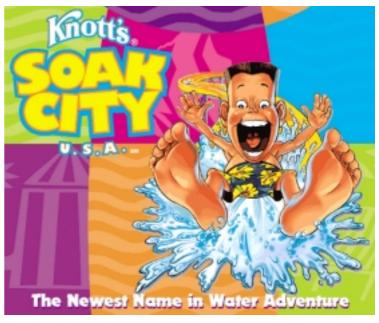
Open Mondays, 11 a.m.-7 p.m. Tuesdays through Sundays 7 a.m.-7 p.m.

577-6431











# Information, Tickets & Tours

OpenMondaysthroughFridays,8:30a.m.-4p.m..Closed Saturdays and Sundays. ITT tickets are available after business hours at the Bowling Center. Call 577-6541.



#### A-76 from Page 1

base seized the opportunity.

Despite the success of these reshaping efforts, RIF procedures were still necessary, and on May 15, 164 RIF notices were issued to implement the new MEO structure.

Even in this rather disheartening aspect of the study base leadership remained close to the employees.

"We personally handed each employee their notice in group meetings followed by individual counseling sessions," said Esther Gonzales, manager, Human Resources Office, here. "Chris Moya, the current AFGE president, and other AFGE officers and stewards also provided support during the sessions and throughout the 60-day RIF notification period to assist affected employ-

"Each and every employee was made aware of their options and had the appropriate information to decide on the best plan for their future."

The majority of these RIF notices

were reassignments or downgrading of positions, according to Lt. Col. Charles E. Bridgeman, Director, Installation and Logistics Department.

Only four of the 164 were separation notices for permanent personnel, and on July 16 no permanent employee was separated involuntarily through RIF, pointed out Gonzales.

"We also had some normal attrition reducing the impact on the remaining personnel," added Bridgeman. Normal attrition is the normal loss of employees through retirements and transfers.

The study concluded with Costa announcing to the base employees that the government work force won.

The transition is complete, and the assessment can be made that the final Reduction in Force was successful," said Costa. "Every permanent employee was made a reasonable offer, and those who left service only did so voluntarily.

"The two-year journey is over, and it was achieved through effective leadership and essential teamwork."

#### **DEFENSE** from Page 4

selves don't know how. The fact is good hackers really can launch attacks on your lowly machine if you give them the time and opportunity,

Second, he continued, intelligence analysts make a living by drawing conclusions and educated guesses from bits and pieces of unclassified and seemingly unrelated information.

Third, information doesn't have to be classified to be sensitive. Medical records, personnel records and personal address and phone books aren't usually classified, but all contain data protected from public release by the Privacy Act of 1974. Good security, he said, means locking out all snoops, not just spies.

Christy and company's growing business in security issues gives constant rise to another: personal privacy. You have none, and that roils many employees.

Uncle Sam's machine, Uncle

Sam's rules, Christy noted.

Agency systems administrators are supposed to have the means to track every move made by every user in their realm. Literally. Every keystroke. Every mouse click. They can reconstruct any document you write, every Web site you visit, Christy said.

Monitoring could be used to detect crimes and employee waste and abuse, but rarely is, he noted. More frequently, investigators and managers consult monitoring records to make or break cases after allegations surface other ways. Computer users can't claim a "probable cause" defense after being caught, because they all agree to be monitored as a condition of access.

"There is absolutely no privacy on a government computer," Christy said. "Every time you turn one on, you get a message that the government can and will monitor you, and if you sign in, that means you understand and agree. Always assume you're being monitored."

#### **NVG** from Page 6

"The technical training we received at Camp Pendleton [Calif.] really came in handy," added Sgt. DeWayne Sankey, commodity in-

"Some of the goggles were only missing battery cap straps or other small items. Our training helped us determine exactly what the deficiencies were, thereby preventing the Marine Corps from spending thousands of dollars sending all of them back to the manufacturer for repair."

"There's really nothing more for me to say other than those Marines did a fine job," the item manager concluded. "Simply outstanding!"

Marines who worked the project were: Gunnery Sgt. Douglas Derosia, Staff Sgts. Alan Duhon, John Tate, Rene Uribe and Shawne Washington, and Sgts. Christopher Ashby, Ryan Burns, Adam Draisen, Joseph Flemings, Stephen Martin, Dewayne Sankey and Jimmy Wheeler, Jr.

# **SPORTS**

# Fire Fighters win Flag Football title

By Cpl. Joshua Barnhardt

Barstow Log staff

SAN DIEGO, Calif. - Barstow Fire took home the gold medal in flag football at the Firefighter Olympics held here at Mission Bay Park July

Barstow Fire, made up of base firefighters, dominated the competition early. In the preliminary round robin, they were 4-0, shutting out every single team they played.

In the championship game on July 18 they met the Los Angeles County Blaze. After falling behind early, 13-0, Barstow crawled their way back into the game. After a long drive, quarterback Jesse Griego connected with Paul Purdy on a 40-yard touchdown pass to tie the game at 13-13.

Los Angeles County came right

Sergeant Jo-

seph H. Wynne,

reads the lay of

the land while

sizing up his fi-

nal putt on the

ninth hole at

Tees-n-Trees

during the third

Marine Corps Ball Golf Tour-

nament Wed-

nesday.



Jesse Griego, quarterback, is chased by a Los Angeles County defender.

back and threw a long ball, just out of the reach of defender Dell Warfield of Barstow. It turned into a 60-yard strike, putting Los Angeles County up 20-13.

Barstow circled the wagons for a game-tying drive with five minutes remaining. Griego connected on a short pass to center Jon Shileika for a fiveyard gain. Griego then threw to his favorite target, Purdy for the first down. On the next play, Warfield exacted his revenge for being burned by scoring on a long bomb of his own to tie the game at 20-20.

With little time remaining in regulation, Los Angeles County drove the length of the field, but stalled 10 yards away from the end zone. On fourth and goal, Los Angeles County threw it in the end zone, but Warfield was there to deflect the ball and cause the turnover on downs.

Barstow still had time to score before the end of regulation, but Griego threw a pass to Purdy who was double-covered and the ball was intercepted. Los Angeles County only managed an incomplete pass before time ran out, leaving the score 20-20 at the end of regulation.

To break the tie each team got one play and the team with the most yards on that play won the game.

Los Angeles County went first. Dale Peabody of Barstow rushed the quarterback and made him throw an errant pass for an incompletion.

Needing only one yard to win, Barstow ran their play. Griego scrambled in the pocket and found Ruben Rodriguez wide open in the middle of the field. Rodriguez caught the pass for a five-yard gain, and the



### Base duffers support MC Ball tournament

Die-hard Tiger Woods wanna-bes took to the links Wednesday morning in support of this year's third Marine Corps Ball Golf Tournament.

The team consisting of Gunnery Sgt. David Pooler, David Lawson, and Gary and Greg Hug took first place in the tournament after 18 holes of play.

Second place honors went to the base sergeant major's team with Lance Cpl. George Lucy III, and Sgts. David C. Moyer and Joseph H. Wynne accompanying Sgt. Maj. Taulugo Tautua around the course in the best-ball league.

Gunnery Sgt. Patrick J. O'Kane, Staff Sgt. Christian Galbraith, Maj. Brian T. Ballard, and Rich Johnston teamed up for a third-place showing while Galbraith took honors for longest drive.

Sergeant Luke R. Ratcliff got the prize for coming closest to the hole on a drive.

Money raised by the tournaments goes into the Marine Corps Ball fund.



Private First Class Ex M. Armstrong, base admin, sink a putt on the ninth hole at Tees-n-Trees during the third Marine Corps Ball Golf Tournament. Armstrong's team placed

second in the

tournament.

# **SPORTS**

# Bulldogs exit tournament in a hurry

#### By Cpl. Joshua Barnhardt

**BARSTOW LOG staff** 

The MCLB Bulldogs participated in the Marine Corps West Regional Softball Tournament July 16 and 17 at Marine Corps Base Camp Pendleton.

There were two phases to the tournament. All the teams played three games July 16 to decide the seeding for the tournament, which started July

MCLB lost all three games they played. They lost to Marine Corps Base Camp Pendleton 7-5 in the first game, and then dropped the other two games by the slaughter rule to Marine Corps Air Ground Combat Center Twentynine Palms and Marine Corps Air Station Yuma.

When the tournament started, the Bulldogs were seeded seventh out of eight teams. The first game of the day was against 1st Fleet Service Support Group. The Bulldogs were the home team and took the field first.

After 1st FSSG had batted around,



Peter Vegliante swings through the ball in the Bulldogs' game against 1st FSSG. The Bulldogs lost 11-5.

the Bulldogs were down 8-0. In the bottom half of the first inning, Bryce Catlett grounded into an inning ending double play leaving the score at 8-

In the second inning Reginald Harris came in to pitch and calmed down the 1st FSSG bats. The Bulldogs went to work on offense as well by managing to squeeze two runs across to make the score 8-2 after two

Sparked by Joshua Barnhardt's leadoff triple, the Bulldogs cut down the lead even more in the fourth inning by scoring two more runs.

In the fifth inning however, 1st FSSG scored three more runs on the first home run of the tournament to make the score 11-4. The Bulldogs only managed one more run the rest of the game to lose 11-5.

After the loss, the Bulldogs entered the loser's bracket to face MCAS Yuma after their loss to MCAS Miramar. After losing to Yuma 12-0 the first time around, MCLB wanted

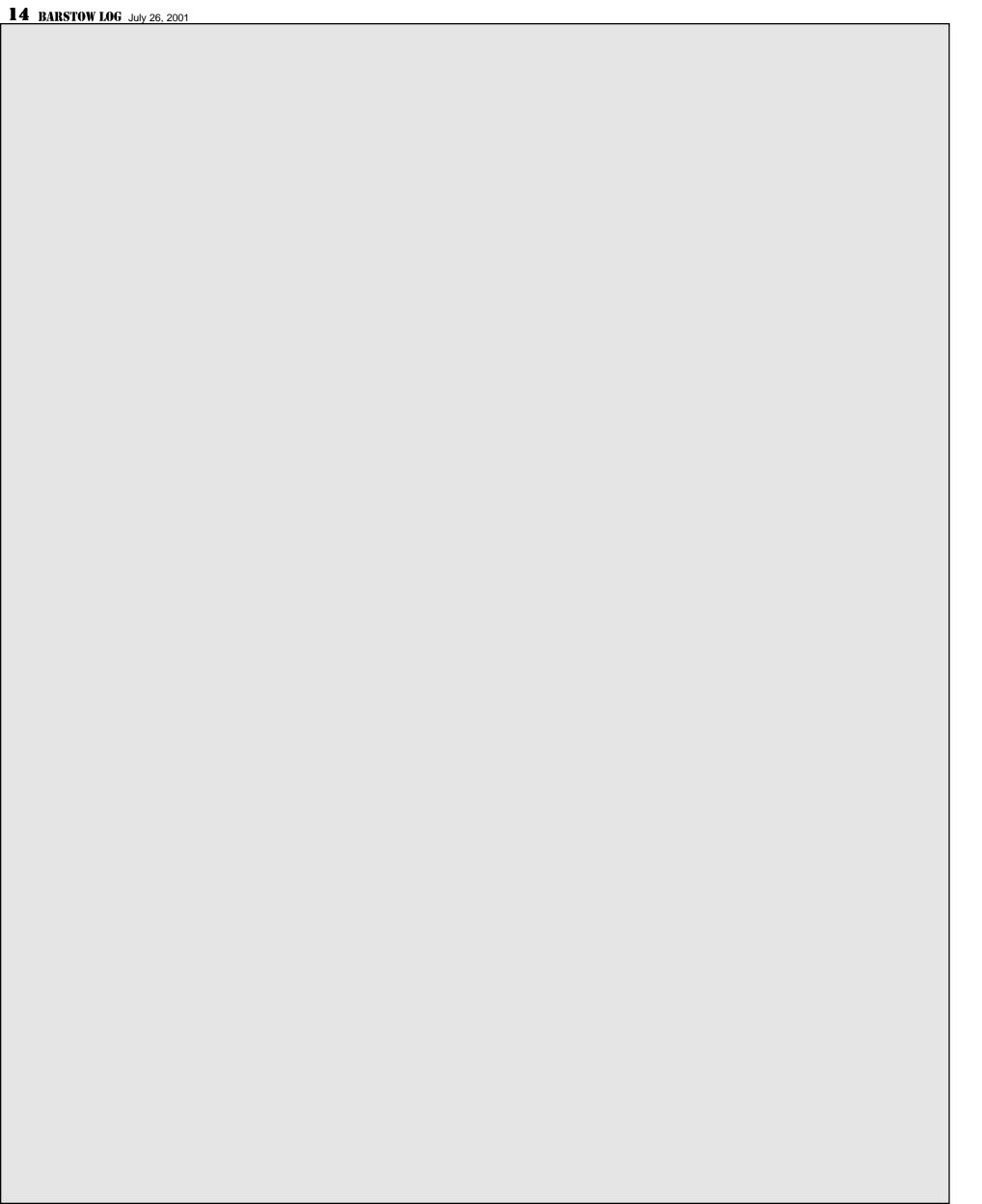
revenge, but would not get it.

Yuma put MCLB to shame as soon as the game started by scoring seven runs in the first inning. They kept piling them on after that.

The Bulldogs managed to score 10 runs in the game, but it was not nearly enough. Yuma batted around twice more during the gameto score 25 runs as they were blown away by Yuma 25-10. That ended the Bulldogs' playoff run and sent them home.

On a brighter note, Johnny Garcia and Bryce Catlett were both chosen for the All-Marine Softball Team tryouts. They and 13 other Marines from the West Coast will team up with 15 Marines from the East Coast for the tryouts. Sixteen players will be chosen for the All-Marine squad and play in the Armed Forces Championships in San Antonio.

The Bulldogs are playing in the playoffs in the Barstow Community League starting today which will be going on the next several weeks.



Please submit all Trader Ads to editor@barstow.usmc.mil.

**1995 FORD F-150:** Black, loaded excab, 80K miles, bed liner, asking \$12,000, OBO. Call 253-5164.

MOTORCYCLES: 1988 Kawasaki Ninja 500, \$900. Call 447-9804 ask for Jeff.

MOTORCYCLES: 1985 Suzuki, 1200 Madura, new tires, runs good, \$1,600 OBO. Call 253-7366.

**MOTORCYCLES:** 1987 Honda, RX600, \$1,700. Call 447-9804 as for Jeff.

**MOTORCYCLES:** 1978 Husky 256CR, restored, \$1,000. Call 254-2095

**MOTORCYCLES:** 550 Kawasaki, runs great, must see to appreciate, \$500, OBO. Call 256-1914, AWH

**SERVICES:** ATTN: LADIES, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

**MISCELLANEOUS:** 4 chrome spoke wheel 15", five lug, \$50. Call 254-2095

**MISCELLANEOUS:** Children's loft bed w/side rails and homework desk underneath, \$200 OBO. Call 256-1914 AWH.

**MISCELLANEOUS:** Weider Universal weight bench, 200 lbs, weight stations include vertical press, pull down, squats, lap lift and bar dip, \$150 OBO. Call 946-1340.

**MISCELLANEOUS:** Total gym w/instruction booklet, exercise guide and all accessories, 4 months old as seen on TV, \$500. Call 252-0736.

MISCELLANEOUS: Grass trimmer, cordless battery chargeable, \$25; cell phone, Nokia, 5120 with /battery and case\$45. Call 242-8839.

MISCELLANEOUS: 6' work bench, \$50; 2 oak, easy chairs, \$50 each; sleeper couch, queen size, tan \$100; filing cabinet \$10; steel storage cabinet, \$20; Sears tool Box, \$65; Gauntlet Arcade game \$300; sleeping bag \$10; student work desk \$10;headboard \$10. Call 252-7789.

**MISCELLANEOUS:** Hot tub, \$1,100 OBO. Call 253-7366.

**MISCELLANEOUS:** Sturdy loft bed with two drawer dresser, desk and two shelf bookcase, needs one mattress, \$375, OBO. Call 256-3647.

MISCELLANEOUS: Jacket, woman's 100% black leather, \$75; Dog house, plastic \$20; Printer, Hewlett Packard, DeskJet 682C, includes 1 color print cartridge, 1 black ink print cartridge \$40. Call 256-

**MISCELLANEOUS:** Automatic home bakery, Hitachi HB-B201 Plus, bakes breads, dinner rolls, doughnuts, croissants, \$75. Call 256-2434

LOST AND FOUND: Found POW/MIA bracelet out side Barstow Community Hospital in the storage area, no idea how long it has been there, the

name engraved on it is SFC Fredrick D. Herrera, USA, 25 May 69, SVN, NM. If you know this POW or his family please call Cory Martin, 254-2295 AWH.

**VANPOOL:** Forming from Victorville area to Yermo, 5-4-9 shift, make arrangements while seats are available. Call 240-3234.

**WANTED:** Motorcycle trailer, reasonable. Call 254-2095.

**THANK YOU:** The family of Lorena Stowers wishes to thank everyone for all the warm and generous expression of sympathy received at the passing of our mother. Kimberli Hamilton

# New watering policy announced at Town Meeting

By Sgt. Brian Davidson

Press Chief

MCLB Barstow Family Housing residents can look forward to a simplified watering schedule and an updated Base Watering Policy going into effect as soon as late August.

MCLB Barstow is making all efforts to reduce its water consumption to keep in step with the High Desert communities and to save vital tax dollars. To better facilitate Family Housing residents in doing their part, the command is in the process of simplifying the watering schedule.

Annually, the policy goes into effect June 1 and continues until the winter approaches. Each year, the base inspector, energy manager and the Family Housing Administration face solving the problem of how to get resi-

dents to follow the policy with minimal punitive action.

Base Order 11330.B outlines the policy and contains a watering schedule diagram that resident Robin Hill called "... a puzzle that many haven't taken the time to solve."

To solve the problem of who waters when, the current watering schedule diagram will no longer be determined by what block and street a resident lives on, but rather what side of the main drag, Gloucester Avenue, they live on

"Some residents act in accordance with the policy, some choose not to, and many of the residents are unfamiliar with it," observed Master Sgt. David Vanhovel, former assistant base inspector. Hopefully, the simplified format will make the policy clearer.

It will make some Marines' jobs

simpler. Enforcement of the policy is reported directly to the Family Housing manager by Cpl. Martin Coronado, housing chief.

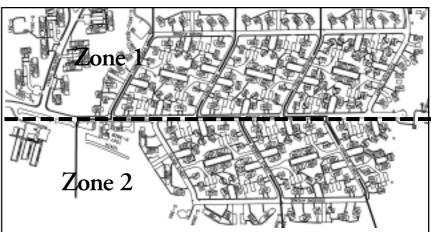
"This is a Marine Corps installation, and we have higher standards than some of our residents may be used to, but everyone should know their responsibilities," said Coronado. "It's my job to uphold our guidelines and that means enforcing them."

According to Coronado, punitive action is a last resort because building a positive community is the goal. Still, residents in violation of the policy will receive a warning letter on first offense. On the second offense, the matter is directed to the violator's

commanding officer and, finally, it will be referred to the base inspector for further action.

For more information about the

coming revisions to Base Order 11330.1B, call 577-6706 or visit the Family Housing Office.



The projected watering schedule diagram will be split into two zones and watering will be determined by the odd and even calendar days, vice prior zones.